



Euleess Family Life Center

Fall Class Offerings

Signing Time Academy

Children will learn sign language vocabulary in an interactive setting. Research suggests that signing with children can improve confidence and self-esteem, support spelling skills, encourage an interest in books, and can even improve IQ scores. It also gives families a “secret” language they can use in crowded settings. Using American Sign Language in your home to communicate is a fantastic way to jump start communication with infants and children at an early age. Sign language is becoming more recognized as a foreign language in schools and part of home school curriculum. Registration fee is per family.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110020-01	10/4	EFLC	4m-10y	T	10:30-11:30am	4	\$55
110020-02	10/1	EFLC	4m-10y	S	11:30am-12:30pm	4	\$55
110020-03	11/7	EFLC	4m-10y	M	10:30-11:30am	4	\$55

Mommy and Me Gymnastics

Our Mommy and Me program is a parent/child participation class led by a safety-educated instructor. Includes an aerobic musical warm-up designed to teach the children rhythm, balance, coordination, and basic gymnastics terminology. The class uses a tumbling circuit designed to teach basic tumbling skills like front and back rolls, handstands, and cartwheels. Children are also introduced to the bars and balance beam using an apparatus circuit.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110181-01	9/12	EFLC	18-30m	M	6-6:45pm	7	\$72
110181-02	11/7	EFLC	18-30m	M	6-6:45pm	6	\$62

Abakadoodle Art for Twoosy Doodlers

New classes every week!!! In this class, parents and children will explore the basics of art together. Children will be exposed to many mediums, art styles, and fun while parents have the chance to interact with their child through art. Caregiver participation is required for these classes. An \$8 supply fee is due on the first day of class. No class on November 23.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110004-01	9/7	EFLC	20-36m	W	9:30-10:30am	4	\$40
110004-02	10/5	EFLC	20-36m	W	9:30-10:30am	4	\$40
110004-03	11/2	EFLC	20-36m	W	9:30-10:30am	4	\$40
110004-04	12/7	EFLC	20-36m	W	9:30-10:30am	2	\$20

Signing Time: Holiday Craft & Sign Workshop

Join us for a craft and sign workshop. We will learn signs related to the fall and winter holidays. Each session will include a story and craft time. Come to the workshop and enjoy some family time while learning a new language. Registration is per family. Instructor: Ginger Cleveland

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110015-01	10/22	EFLC	2-11	S	10-11am	1	\$17
110015-02	11/12	EFLC	2-11	S	10-11am	1	\$17
110015-03	12/10	EFLC	2-11	S	10-11am	1	\$17

Independent Two's

A morning outing for your Independent Two year old, every morning we will do arts, crafts, a simple cooking recipe, literacy and math activities. We will also sing songs and play games while gaining socialization skills. Please pack a lunch, non-spill cup, pull ups, wipes, and extra change of clothes.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110001-01	9/5	EFLC	2	M	9am-12:30pm	4	\$45
110001-02	10/3	EFLC	2	M	9am-12:30pm	4	\$45
110001-03	11/7	EFLC	2	M	9am-12:30pm	4	\$45

Tot Ice Skating Instruction

Tots will learn the basics of ice skating in a fun environment. Children will practice falling down and getting up, marching across the ice, back wiggles, and stops. Toys, cones and stuffed animals are all used on the ice as teaching tools. Price includes skate rental on class day plus additional two free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111161-01	9/17	DPSC	3-4	S	11:15-11:45am	2	\$30
111161-02	11/5	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-03	12/3	DPSC	3-4	S	11:15-11:45am	2	\$30

Abrakadoodle Art for Mini Doodlers

Your child will have loads of fun while learning about master and contemporary artists, various art mediums and techniques. In our art education classes, children complete a new project each class. An \$8 supply fee is due on the first day of class. New classes every week!!! No class on November 23.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110005-01	9/7	EFLC	3-5	W	5-6pm	4	\$40
110005-02	10/5	EFLC	3-5	W	5-6pm	4	\$40
110005-03	11/2	EFLC	3-5	W	5-6pm	4	\$40
110005-04	12/7	EFLC	3-5	W	5-6pm	2	\$20

Jazz/Ballet Combo

This class teaches the basics of jazz and ballet technique. Students will learn tap and ballet steps and combinations as well as a recital dance. Students will gain an understanding of body awareness as well as performance skills, rhythm and musicality. All students will learn proper dance terminology. Ballet shoes are required for participation in this class. No class on November 26.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110200-01	9/10	EFLC	3-6	S	10-10:45am	8	\$82
110200-02	11/5	EFLC	3-6	S	10-10:45am	6	\$62

Hip-Hop Dance

Hip hop your way through 45 minutes of high-energy dance set to pop, hip hop and up tempo music. A short warm up will be followed by a combination that will grow and be repeated throughout class. Each week a new combination will be taught. All students will learn proper dance terminology. Class will end with a short cool down. No class November 26.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110208-01	9/10	EFLC	3-6	S	11-11:45am	8	\$82
110208-02	11/5	EFLC	3-6	S	11-11:45am	6	\$62

Just 4 Flips Gymnastics Pre-K

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls looking to “flip-start” their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills!

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110210-01	9/12	EFLC	3-6	M	5-5:45pm	7	\$72
110210-02	11/7	EFLC	3-6	M	5-5:45pm	6	\$62

Just 4 Flips Cheerleading

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer! Our classes are taught by instructors trained as All-Star Cheerleaders, and we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110215-01	9/12	EFLC	3-7	M	7-7:45pm	7	\$72
110215-02	11/7	EFLC	3-7	M	7-7:45pm	6	\$62

Fun Times for Little Learners

In this activity based class, your child will learn the benefits of physical activity through arts & crafts, music, and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and lunch to class each day. All children must be potty trained. No class September 5. Instructor: Yolanda Scheimann

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110002-01	8/29	EFLC	3-5	M/W	9am-1pm	4	\$102
110002-02	9/26	EFLC	3-5	M/W	9am-1pm	4	\$102
110002-03	10/24	EFLC	3-5	M/W	9am-1pm	4	\$102
110002-04	11/28	EFLC	3-5	M/W	9am-1pm	3	\$77

Terrific Tuesdays & Thursdays

In this activity based class, your child will learn the benefits of physical activity through arts & crafts, music, and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and lunch to class each day. All children must be potty trained. Instructor: Yolanda Scheimann

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110003-01	8/30	EFLC	3-5	T/TH	9am-1pm	4	\$102
110003-02	9/27	EFLC	3-5	T/TH	9am-1pm	4	\$102
110003-03	10/25	EFLC	3-5	T/TH	9am-1pm	4	\$102
110003-04	11/29	EFLC	3-5	T/TH	9am-1pm	3	\$77

Fun Fridays for Preschoolers

On Fridays we will get hands on and do a cooking recipe, arts, crafts, and a science experiment. We will also sing songs, play games, and work on literacy and math activities. Please pack a lunch, non spill cup, and a change of clothes.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110010-01	9/9	EFLC	3-5	F	9am-1pm	4	\$62
110010-02	10/7	EFLC	3-5	F	9am-1pm	4	\$62
110010-03	11/4	EFLC	3-5	F	9am-1pm	3	\$47

Youth Polynesian Dance

Your girls will have fun learning the basics of island dance, from the islands of Hawaii, Tahiti, New Zealand, and Tonga. Let our instructor teach you these exciting and fun dances, while encouraging fitness and movement. Instructor: Vao Polly Moala

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110209-01	9/7	EFLC	4-6	W	6-6:45pm	6	\$62
110209-02	10/19	EFLC	4-6	W	6-6:45pm	5	\$57

Lil' Dribblers

A non-competitive basketball class, boys and girls will practice the proper methods of dribbling, shooting, and passing, with a strong emphasis on teamwork, endurance and fun. Bring an age appropriate basketball with your child's name on it.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110515-01	9/10	EFLC	5-9	S	10-10:45am	3	\$27
110515-02	10/1	EFLC	5-9	S	10-10:45am	4	\$35
110515-03	11/5	EFLC	5-9	S	10-10:45am	3	\$27
110515-04	12/3	EFLC	5-9	S	10-10:45am	3	\$27

Ice Skating- Skate Like A "Star"

Skaters will learn basic forward and backward skating, swizzles, one-foot glides, and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and free public skating and following class, plus two additional free public skate sessions of choice.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111162-01	9/20	DPSC	5-13	T	6:15-6:45pm	2	\$30
111162-02	9/17	DPSC	5-13	S	10:45-11:15am	2	\$30
111162-03	11/1	DPSC	5-13	T	6:15-6:45pm	2	\$30
111162-04	11/5	DPSC	5-13	S	10:45-11:15am	2	\$30
111162-05	12/6	DPSC	5-13	T	6:15-6:45pm	2	\$30
111162-06	12/3	DPSC	5-13	S	10:45-11:15am	2	\$30

You Can Paint - Youth

Amaze yourself, family, and friends with the beautiful oil painting you can complete in one fun and easy lesson taught by professional artists. You will learn color mixing and perspective as you master time saving short cuts, which will help you paint like a pro. All art supplies provided. Wear an old t-shirt and bring paper towels. Instructors: Robert Garden and Susan Rogers

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110815-01	9/8	EFLC	5-13	TH	4-5:30pm	1	\$22
110815-02	10/13	EFLC	5-13	TH	4-5:30pm	1	\$22
110815-03	11/10	EFLC	5-13	TH	4-5:30pm	1	\$22
110815-04	12/3	EFLC	5-13	TH	4-5:30pm	1	\$22

Taekwondo-Do Tigerkubs

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program

can help to enhance focus and concentration, build character, discipline and self-esteem. No class November 26. Classes meet at Simmons Center beginning in October. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110130-01	9/10	SIM	5-8	S	9-9:45am	7	\$27
110130-02	11/5	SIM	5-8	S	9-9:45am	6	\$27

Taekwondo-Do Beginners

(White Belt - Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwondo-Do Jungshin Program. It is designed to instill the physical and character benefits of martial arts while motivating children to achieve success. No class November 26. Classes meet at Simmons Center beginning in October. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110131-01	9/6	SIM	8-12	T	6-7:15pm	7	\$55
				S	10-11:15am		
110131-02	11/1	SIM	8-12	T	6-7:15pm	6.5	\$55
				S	10-11:15am		

Taekwon-Do Advanced

(Green Belt - Black Belt)

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development reaching their first black belt and beyond. No class September 5 or November 24. Classes meet at Simmons Center beginning in October. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110132-01	9/8	SIM	8-12	M/TH	6-7:15pm	6	\$55
110132-02	10/31	SIM	8-12	M/TH	6-7:15pm	6.5	\$55

Beginner Drum & Percussion

Learn the fundamentals of drumming. Stick control, rudiments, playing rhythms in time, coordination between hands and feet, sight reading, and sheet music will all be introduced. Drum pads provided. Instructor: Scott Pierson

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111011-01	8/30	EFLC	6-15	T	3:45-4:30pm	4	\$25
111011-02	9/27	EFLC	6-15	T	3:45-4:30pm	4	\$25
111011-03	10/25	EFLC	6-15	T	3:45-4:30pm	4	\$25
111011-04	11/22	EFLC	6-15	T	3:45-4:30pm	4	\$25

Making the Cut – Basketball Performance

A basketball class specifically designed to meet the needs of the player. Your son or daughter will get individual, one-on-one training to enhance their basketball skills. This class will strengthen the player's weaknesses, while enhancing their strengths. Instructor: James Albin

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110520-01	9/10	EFLC	8-14	S	10:45-11:15am	3	\$32
110520-02	10/1	EFLC	8-14	S	10:45-11:15am	4	\$42
110520-03	11/5	EFLC	8-14	S	10:45-11:15am	3	\$32
110520-04	12/3	EFLC	8-14	S	10:45-11:15am	3	\$32

Girls on the Run

Through interactive activities such as running and playing games, girls will tackle tough issues such as peer pressure and body image, while learning about making healthy decisions and performing a community service project. At the end, the girls will compete in a 5K event together.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110540-01	9/13	EFLC	8-12	T/TH	5:30-7pm	10	\$100

Winter Break Camp

We will have exciting weeks packed full of games, crafts, field trips, and more. Please bring a lunch, two snacks, and a water bottle to camp every day.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111111-01	12/19	EFLC	6-12	M-TH	7:30am-6pm	1	\$70
111111-02	12/27	EFLC	6-12	T-F	7:30-6pm	1	\$70



Cardio Dance and Sculpt

Bring your hand weights and towel! Get ready to burn calories, sweat out impurities, and define and tone through cardio moves, dance, squats, weights, step boxes, and more! No class November 24. Instructor: Debbie Day

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110315-01	9/12	EFLC	13+	M/TH	6-7pm	3	\$18
110315-02	10/3	EFLC	13+	M/TH	6-7pm	4	\$23
110315-03	11/7	EFLC	13+	M/TH	6-7pm	6	\$34

Water Aerobics/ Wellness and Weight Management

Increase flexibility, range of motion, lean body mass, and metabolic rate in water. Get a more beneficial workout without the stress on knees and ankles. Excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. Class meets at Trinity High School Natatorium. Senior rate is \$35/session and \$17/December. For more information, call Bev at 817-649-SWIM.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
120011-01	9/7	THS	17+	M/W/TH	11-11:45am	4	\$42
120011-02	9/6	THS	17+	M/T/TH	7-7:45pm	4	\$42
120011-03	10/3	THS	17+	M/W/TH	11-11:45am	4	\$42
120011-04	10/3	THS	17+	M/T/TH	7-7:45pm	4	\$42
120011-05	11/2	THS	17+	M/W/TH	11-11:45am	4	\$42
120011-06	11/1	THS	17+	M/T/TH	7-7:45pm	4	\$42
120011-07	12/1	THS	17+	M/W/TH	11-11:45am	2	\$21
120011-08	12/1	THS	17+	M/T/TH	7-7:45pm	2	\$21

30 Minute Body Express

This workout will tone all major muscle groups in just 30 short minutes! Resistance training helps strengthen muscles and increase your metabolism. This a non-aerobic workout using hand weights to tone the whole body. Ideal for fitness levels beginner to intermediate. Bring your own weights, 3 to 10lbs depending on your fitness level, and a yoga mat to class. No class September 28, October 3, October 31, or November 23. Instructor: Courtney Morrison

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110355-01	9/12	EFLC	16+	M/W	7-7:30pm	6	\$22
110355-02	10/24	EFLC	16+	M/W	7-7:30pm	6	\$22

Abs & Assets

Want flat abs to show off for bikini season this year? Abs & Assets in a non-aerobic thirty minute workout specifically designed to target abdominal and gluteus muscles. Appropriate for all fitness levels. Please bring a towel and yoga mat to class. No class September 28, October 3, October 31, or November 23. Instructor: Courtney Morrison

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110400-01	9/12	EFLC	16+	M/W	7:35-8:05pm	6	\$22
110400-02	10/24	EFLC	16+	M/W	7:35-8:05pm	6	\$22

Hatha Yoga

Hatha Yoga is an ancient discipline that uses breath, physical postures, mental focus, and relaxation to firm the body, calm the breath, soothe the mind, and refresh the outlook. Make a change in your life with yoga. Experience new increased strength, flexibility, balance, and weight loss. Yoga changes lives! Please bring your own sticky mat and beach towel. Instructor: Jessica Copeland

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110330-01	9/6	EFLC	13+	T/TH	7-8pm	4	\$45
110330-02	10/4	EFLC	13+	T/TH	7-8pm	4	\$45
110330-03	11/1	EFLC	13+	T/TH	7-8pm	3	\$36
110330-04	11/29	EFLC	13+	T/TH	7-8pm	3	\$36

Bootcamp

Ready to kick it up a notch? Whether you've been exercising and want a challenge, or you have just decided to start working out-this is the class for you. Bootcamp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$45 for two days or come three days for \$68. Instructor: Behka Hartmann – Certified Fitness Instructor

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110350-01	9/6	EFLC	13+	T/TH/F	5:45-6:45am	4	\$45/68
110350-02	10/4	EFLC	13+	T/TH/F	5:45-6:45am	4	\$45/68
110350-03	11/1	EFLC	13+	T/TH/F	5:45-6:45am	3	\$34/51
110350-04	11/29	EFLC	13+	T/TH/F	5:45-6:45am	3	\$34/51

Zumba

Come join the "Party" and ditch the "Workout!!" You don't have to know how to dance. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout. Sign up early as spaces fill up quickly No class October 31 and November 21-23. Instructor Kellie Grant

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110300-01	9/7	EFLC	13+	M/W	7-8pm	3.5	\$46
110300-02	10/3	EFLC	13+	M/W	7-8pm	4	\$52
110300-03	11/2	EFLC	13+	M/W	7-8pm	3.5	\$46
110300-04	12/5	EFLC	13+	M/W	7-8pm	2	\$38

Adult Ice Skating

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class, plus two free public skate sessions.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111165-01	9/20	DPSC	14+	T	6:45-7:15pm	2	\$30
111165-02	11/1	DPSC	14+	T	6:45-7:15pm	2	\$30
111165-03	12/6	DPSC	14+	T	6:45-7:15pm	2	\$30

Taekwon-Do Adult (White Belt through Black Belt)

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential. Along with the numerous physical benefits shall be the development of the student's confidence, character, and integrity. Classes meet at Simmons Center beginning in October. No class November 24. Instructor: Camille Dockter

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110134-01	9/6	SIM	13+	T/TH	7:30-9pm	7	\$65
110134-02	11/1	SIM	13+	T/TH	7:30-9pm	6.5	\$65

Hapkido

Hapkido, the art of coordinated power, is a comprehensive Korean self defense system involving joint locks, pressure points, throws, kicks, and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for all levels. Classes meet at Simmons Center beginning in October. Instructors: Todd Jach

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110133-01	9/12	SIM	13+	M	7:30-9pm	3	\$20
110133-02	10/3	SIM	13+	M	7:30-9pm	4	\$26
110133-03	11/7	SIM	13+	M	7:30-9pm	4	\$26
110133-04	12/5	SIM	13+	M	7:30-9pm	2	\$14

Basic Chinese

You will learn the Chinese alphabet and the characters. You will also learn how to count and engage in some basic conversations. No class on November 22. Instructor: James Lynch

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111008-01	9/6	EFLC	13+	T	7-8pm	4	\$30
111008-02	10/4	EFLC	13+	T	7-8pm	4	\$30
111008-03	11/1	EFLC	13+	T	7-8pm	3	\$25
111008-04	12/6	EFLC	13+	T	7-8pm	2	\$20

You Can Oil Paint - Adult and Teen

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! You'll be proud to frame and hang your masterpiece at the end of class.

Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided. Wear an old T-shirt and bring paper towels to class. Instructor: Susan Rogers

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110810-01	9/8	EFLC	14+	TH	6-9pm	1	\$37
110810-02	10/13	EFLC	14+	TH	6-9pm	1	\$37
110810-03	11/10	EFLC	14+	TH	6-9pm	1	\$37
110810-04	12/8	EFLC	14+	TH	6-9pm	1	\$37

Basic Stained Glass

Stained glass is an exciting and rewarding art! During the class, one will learn proper cutting technique as well as the use of glass tools such as grinders, soldering irons, and glass breaking tools. During the class students will complete a stained glass piece that is theirs to keep. All tools provided. Instructor: Julie Anderson

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110800-01	9/13	EFLC	15+	T	6:30-8:30pm	3	\$50
110800-02	10/4	EFLC	15+	T	10am-12pm	3	\$50

Digital Photography

Can't figure out that new digital camera? Always wanted to learn how to take pictures without looking through the lens? Come learn new ways to take photographs and impress yourself. Photography fundamentals will be covered such as sunlight, angles, and black/white photos. Participants need to bring their own personal digital camera and accessories. Instructor: Tim Lane

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
110830-01	9/7	EFLC	16+	W	7-8pm	4	\$45
110830-02	10/5	EFLC	16+	W	7-8pm	4	\$45
110830-03	11/2	EFLC	16+	W	7-8pm	3	\$35
110830-04	12/7	EFLC	16+	W	7-8pm	2	\$25

Protecting What's Important

During this seminar, we'll discuss how insurance can help protect you and your family. Specifically, we'll examine what types of insurance you should consider and how to determine how much insurance fits into your overall financial strategy. This seminar is taught by Michael Scoma with Edward Jones.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111002-01	9/13	EFLC	18+	T	10-11:30am	1	FREE
111002-02	10/20	EFLC	18+	TH	10-11:30am	1	FREE

Retirement Has Changed What's Your Move?

Together, we'll explore how to organize and record your financial assets, how to set realistic goals for retirement spending, how to determine if you're on track to reach your goals, and what to do if you're not where you'd like to be.. This seminar is taught by Michael Scoma with Edward Jones.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111004-01	9/29	EFLC	18+	TH	10-11:30am	1	FREE
111004-02	10/11	EFLC	18+	T	10-11:30am	1	FREE
111004-03	11/10	EFLC	18+	TH	10-11:30am	1	FREE

Signing Time Academy: Parent Seminar

American Sign Language is a parenting tool that enhances natural communication for all children. This seminar will help you expand your child's vocabulary so they can express themselves even more and so that you can understand them. This one time seminar will introduce parents to the benefits of using sign language with their infants, toddlers, and children. Cost is per family and infants are welcome.

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111023-01	9/7	EFLC	All	W	6-7:30pm	1	\$27
110023-02	9/10	EFLC	All	S	10-11:30am	1	\$27

Family Challenge Series – Couples' Crystal Ball

From Cinderella dreams to sleeping on the sofa, this interactive class covers the common progression of many relationships and avoidable pitfalls. Couples Price - \$80. Instructor: Kelly Leas

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111045-01	9/8	EFLC	18+	TH	7-8:30pm	1	\$50/80
111045-02	10/6	EFLC	18+	TH	7-8:30pm	1	\$50/80
111045-03	11/3	EFLC	18+	TH	7-8:30pm	1	\$50/80

Family Challenge Series – The Young Family

This interactive class deals with common stresses of raising young children. Topics include making a "time out" more effective, kids who won't sit still, public misbehavior, and differences in parenting styles. Couples Price - \$80. Instructor: Kelly Leas

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111050-01	9/15	EFLC	18+	TH	7-8:30pm	1	\$50/80
111050-02	10/13	EFLC	18+	TH	7-8:30pm	1	\$50/80
111050-03	11/10	EFLC	18+	TH	7-8:30pm	1	\$50/80

Family Challenge Series – The Not-So-Empty Nest

This class focuses on the challenges facing parents with an adult child who is not fully independent. Whether the adult child is living at home, or has left but still needs financial support. We discuss

developing and implementing a plan to move the adult child to greater independence. Couples Price - \$80. Instructor: Kelly Leas

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111055-01	9/22	EFLC	18+	TH	7-8:30pm	1	\$50/80
111055-02	10/20	EFLC	18+	TH	7-8:30pm	1	\$50/80
111055-03	11/17	EFLC	18+	TH	7-8:30pm	1	\$50/80

Family Challenge Series – Our Aging Parents

This class provides guidance for the decision-making processes regarding the independence of elderly parents, such as driving, hiring help, selling or keeping a home, choosing a facility, dealing with guilt, parental resistance, and finding resources for support. Couples Price - \$80. Instructor: Kelly Leas

Class #	Beg	Loc	Age	Day	Time	# Wks	Price
111060-01	9/29	EFLC	18+	TH	7-8:30pm	1	\$50/80
111060-02	10/11	EFLC	18+	TH	7-8:30pm	1	\$50/80
111060-03	11/10	EFLC	18+	TH	7-8:30pm	1	\$50/80



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